

SEWING

PLEASE NOTE: Any changes/updates from the previous year will be **BOLDED and *ITALICIZED*! Pay special attention to any projects with **BOLD**, *ITALICIZED WORDS* because they have changed from last year.**

This is a series on how to sew. Participants sew garments of increasing difficulty as they progress. The garments range from simple items to a tailored suit or coat.

NOTE: Items worn or exhibited in the 4-H state fashion revue cannot be exhibited in any other 4-H exhibit section.
State Fair Entries: Non-Wearable – One (1) State Fair Entry from each grade level

Wearable – One (1) State Fair Entry from grades 3-7 and one (1) entry from each category for grades 8-12

| <i>Completion, exhibition participation, and State Fair information for Sewing</i> | | | |
|--|--------------------|--------------------------------------|--|
| Division/Level | Grades | Completion Activities Needed* | Maximum State Fair Entries |
| <i>Level A</i> | <i>Grades 3-4</i> | <i>2 Skills</i> | <i>Non-Wearable- 1 Entry per Grade Level</i> |
| <i>Level B</i> | <i>Grades 5-6</i> | <i>2 Skills</i> | <i>Wearable- 1 Entry from grades 3-7</i> |
| <i>Level C</i> | <i>Grades 7-9</i> | <i>2 Skills</i> | |
| <i>Level D</i> | <i>Grades 9-12</i> | <i>2 Skills</i> | <i>Wearable- 1 Entry from each category</i> |

RULES:

1. Refer to the Hendricks County 4-H Policies and Entry & Exhibit Requirements.
2. 4-H member may be judged and exhibit in only one (1) level of the Sewing project. They may exhibit one (1) wearable item, one (1) non-wearable item and may participate in an Interact Action Demonstration.
3. Definition of "Outfit": An outfit is a garment or garments which when put together make a complete look, such as a one (1) or two-piece dress, a one (1) or two-piece pantsuit, or a three-piece combination, such as pants, vest, and blouse.
4. All garments should be clean and neatly pressed.
5. Place exhibit label on wearable items at the right shoulder of all garments except Level A. Labels on garments in Level A should be placed at the hemline center front. Place exhibit labels non-wearable items in the lower right-hand corner of item.
6. Please exhibit garments in a clear plastic bag for their safety and protection while on display.
7. 4-H'ers in grades 8-12 may exhibit two (2) wearables in different categories.
8. Be sure to enroll in the project on 4-HOnline and enter exhibit information into FairEntry by designated date.
9. For personal safety, do not include personally identifiable information such as mailing address or phone numbers on posters/displays/exhibits.

EXHIBITS:

(Senior wearable exhibits will be based on State Fair categories, not by grades)

Level A: Grade 3

Skills to Learn and Include at least two (2) skills in the exhibit:

- Insert elastic or drawstring
- Sew and trim a crotch curve
- Machine topstitch hems
- Use a simple seam finish
- Stitch in the ditch

Exhibit Options:

- **Wearable:** Elastic waist shorts, pants OR skirt with fold over casing; no pockets **or similar sewn clothing article made to be worn by the 4-H member or another person.** Attach Sewing Skills Card (4-H 925c-W) to the exhibit.
- **Non-wearable:** Simple pillow sham with lapped back opening and purchased pillow form (following instructions provided in manual) OR simple tote bag with handles or drawstring **or similar sewn article.** Attach Sewing Skills Card (4-H 925c-W) to the exhibit.
- 4-H Project Interactive Demonstration

Level A: Grade 4

Skills to Learn and Include at least two (2) skills in the exhibit:

Seam finishes are recommended on all exposed seams.

- Use interfacing
- Staystitch and under stitch
- Apply a facing or binding
- Stitch curved seams
- Trim and grade seams
- Work with fiberfill
- Machine topstitch hem

Exhibit Options

- **Wearable:** Shorts, pants OR skirt with partial or full sewn-on waistband or waistline facing, or partial elastic waistband (not a full elastic waistband) OR simple shirt or top OR BBQ apron **or similar sewn clothing article made to be worn by the 4-H member or another person.** Attach Sewing Skills Card (4-H 925c-W) to the exhibit.
- **Non-wearable:** Shaped pillow with curved seams, stuffed and sewn closed OR hanging pocket organizer OR bound edge placemats (set of 4) **or similar sewn article.** Attach Sewing Skills Card (4-H 925c-W) to the exhibit.
- 4-H Project Interactive Demonstration

Level B: Grade 5

Skills to Learn and Include in Exhibit:

Seam finishes are recommended on all exposed seams (except knits). Interfacing, under stitching and trimming should be used when appropriate.

Choose at least three (3) of these additional skills for each sewn exhibit.

- Match fabric design
- Sew with knit
- Gather fabric
- Insert elastic
- Insert zipper
- Apply facings
- Use a drawstring
- Sew buttons
- Hand-stitch a hem
- Apply binding
- Sew a simple sleeve
- Use batting
- Apply purchased trip or ribbing
- Sew patch or inseam pockets
- Use a simple lining
- Do a machine blind hem
- Apply machine topstitching
- Do a machine topstitched hem

Exhibit Options:

- **Wearable:** Simple shirt with sleeves OR sundress OR jumper OR simple 2-piece pajamas. **or similar sewn clothing article made to be worn by the 4-H member or another person.** Attach Sewing Skills Card (4-H 926C-W) to the exhibit.
- **Non-wearable:** Pillow lap quilt (quillow) OR structured duffel bag, tote bag or backpack, OR sewn hat **or similar sewn article.** Attach Sewing Skills Card (4-H 926C-W) to the exhibit.
- 4-H Project Interactive Demonstration

Level B: Grade 6

Skills to Learn and Include in Exhibit:

Seam finishes are recommended on all exposed seams (except knits). Interfacing, under stitching and trimming should be used when appropriate.

Choose at least four (4) of these additional skills for each sewn exhibit.

- make darts
- set in sleeves
- insert a lapped zipper
- hand-stitch a hem
- make buttonholes
- sew tucks or pleats

- sew ruffles
- hand sew buttons
- apply trim
- sew a simple lining
- sew patch pockets
- apply bindings
- do a machine topstitched hem
- sew facings
- apply ribbings
- sew a simple collar
- do a machine blind hem
- sew with knit
- match fabric design
- use fiberfill
- apply machine appliqué
- insert piping
- apply machine topstitching
- construct with a serger
- sew inseam pocket

Exhibit Options:

- **Wearable:** Two (2) garments that can be worn together **article made to be worn by the 4-H member or another person**. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.
- **Non-wearable:** Pillow sham with button or zipper closing, appliquéd design, piping or ruffle. Make your own pillow form OR tote bag with zipper or duffel bag with zipper, pockets and lining OR doll or pet clothes **OR similar sewn article** OR construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card (4-H 926C-W) to the exhibit.
- 4-H Project Interactive Demonstration

Level C: Grade 7

Skills to Learn and Include in Exhibit:

Seam finishes are recommended on all exposed seams (except knits). Interfacing, under stitching, and trimming should be used when appropriate.

Choose at least five (5) of these additional skills for each sewn exhibit:

- make darts
- set in sleeves
- sew facing
- apply ribbing
- apply a collar
- sew on buttons
- use doll joints
- apply inseam pockets
- apply front hip pockets
- match fabric design
- apply trims
- apply machine or hand appliqué
- apply machine topstitching
- insert a lapped zipper
- insert an invisible zipper
- insert a separating zipper
- insert a fly front zipper
- do machine quilting
- do a hand-stitched hem
- do a machine topstitched hem
- do a machine blind hem
- attach cuffs
- apply binding
- sew lining
- apply ruffles
- insert piping
- make buttonholes
- use fiberfill
- apply patch pockets
- use a twin needle
- apply tucks/pleats
- construct with a serger
- apply machine embroidery

Exhibit Options:

- **Wearable:** School, **casual** or sports outfit. Can be one (1) or more pieces **made to be worn by the 4-H member or another persons**. Attach Sewing Skills Card (4-H 927C-W) to the exhibit.
- **Non-wearable:** Dressed, jointed (with sockets) stuffed animal OR sewn item for holiday or special occasion **or similar sewn article** OR construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card (4-H 927C-W) to the exhibit.
- 4-H Project Interactive Demonstration

Level C: Grades 8 & 9

4-H'ers in grades 8-12 may exhibit two (2) wearables in different categories

Skills to Learn and Include in Exhibit:

Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics). Interfacing, under stitching and trimming should be used when appropriate.

In addition, choose at least six (6) of these skills for each sewn exhibit:

- make darts
- attach cuffs
- do machine or hand quilting

- make tucks
- add lining
- add facings
- add plackets
- add lapels
- make sleeves
- add gathers
- apply trim
- apply ribbing
- add a drawstring
- use shaped seams
- use fiberfill
- add a waistband
- add patch pockets
- add front hip pockets
- match fabric design
- make shoulder pads
- apply machine embroidery
- make pleats
- insert elastic
- add boning
- apply a collar
- insert piping
- make a neckband
- add vents
- sew buttons
- add underlining
- add ruffles
- sew with knit
- make button loops
- do hand beading
- add inseam pockets
- add welt pockets
- use twin needle
- create bound edges
- apply machine or hand appliqué
- apply machine topstitching
- insert an invisible zipper
- insert a separating zipper
- insert a fly front zipper
- insert a lapped zipper
- insert a handpicked zipper
- do a machine topstitched hem
- do a machine blind hem
- do a hand-stitched hem
- make self-covered buttons
- use specialty threads
- make self-enclosed seams
- sew with difficult fabric
- make machine buttonholes
- make bound buttonholes

Exhibit Options:

- **Wearable:** Same as fashion revue categories. Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- **Non-wearable:** Sewn items for your home OR construction techniques sample notebook OR sewing machine survey. (Following instructions provided in manual). Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- 4-H Project Interactive Demonstration.

Level D: Grades 10-12

4-H'ers in grades 8-12 may exhibit two (2) wearables in different categories.

Skills to Learn and Include in Exhibit - Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics). Interfacing, under stitching and trimming should be used when appropriate. In addition, choose at least six (6) of these skills for each sewn exhibit:

- make darts
- make tucks
- add lining
- add facings
- add plackets
- add lapels
- make sleeves
- add gathers
- apply trim
- apply ribbing
- add a drawstring
- use shaped seams
- use fiberfill and/or batting
- add a waistband
- add patch pockets
- add front hip pockets
- match fabric design
- make shoulder pads
- apply machine embroidery
- coordination of fabric for quilted item
- attach cuffs
- make pleats
- insert elastic
- add boning
- apply a collar
- insert piping
- make a neckband
- add vents
- sew buttons
- add underlining
- add ruffles
- sew with knit
- make button loops
- do hand beading
- add inseam pockets
- add welt pockets
- use twin needle
- create bound edges
- hand/machine beading
- make a reversible item
- do machine or hand quilting
- apply machine or hand appliqué
- apply machine topstitching
- insert an invisible zipper
- insert a separating zipper
- insert a fly front zipper
- insert a lapped zipper
- insert a handpicked zipper
- do a machine topstitched hem
- do a machine blind hem
- do a hand-stitched hem
- make self-covered buttons
- use specialty threads
- make self-enclosed seams
- sew with difficult fabric
- construct with a serger
- make machine buttonholes
- make bound buttonholes
- piece quilted item
- Other skills not listed above

Exhibit Options:

- **Wearable:** Same as fashion revue categories. Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- **Non-wearable:** Sewn items for your home OR construction techniques sample notebook OR sewing machine survey. (Following instructions provided in manual). Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- 4-H Project Interactive Demonstration

Level Advanced Sewing Wearable Exhibits: Levels C & D

Exhibit Options:

All senior sewing wearable exhibits (Grades 8-12) are to be made so it can be worn by the exhibitor or another person. All senior sewing (Grades 8-12) outfits exhibited in Fashion Revue must be made and worn by the exhibitor.

DEFINITION OF AN OUTFIT: An outfit is a garment or garments that when put together make a complete look - such as one (1) or two-piece dress, or one (1) or two-piece pant suit, or a three-piece combination, such as pants, vest, and blouse or shirt.

- **Informal or Casual Wear:** A complete outfit of one (1) or two (2) pieces suitable for school, weekend, or casual, informal activities.
- **Dress Up:** This is suitable for special, church, or social occasions that are not considered to be formal. It may be an outfit of one (1) or more pieces with or without its own costume coat or jacket (lined or unlined). This is not an outfit that would be worn to school, weekend, or casual, informal activities.
- **Free Choice:** A complete outfit comprised of garments that do not fit in the other classifications. Examples include: tennis wear, swim wear, athletic or sportswear, lounge wear, riding habits, historic, dance, theatrical, or international costumes, capes, and unlined coats.
- **Suit or Coat:** The suit consists of two (2) pieces including a skirt or pants and its own lined jacket. It is not a dress with jacket as in "dress up wear". The coat is a separate lined coat. It will be judged separately as a coat with its own accessories.
- **Separates:** Consists of three (3) garments that must be worn as a coordinated complete outfit. Each piece should be versatile enough to be worn with other garments.
- **Formal Wear:** This outfit may be one (1) or more pieces suitable for any formal occasion, such as proms, weddings, and formal evening functions.